

Game Plan: Week 3

10 minutes — Run the bases: Home to 3rd Base

- Batter steps into the Batter's Box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
 - Batter runs from Batter's Box to third base
 - Round first base, sprint to second base and then run to third base

COACH: Focus on athletic swing & proper bat drop (no slinging). Make sure batter follows arrows and runs hard through 1st and 2nd base



Baserunning warmup

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside coach on mound or pitcher's circle

- Target is 15' away from players at home plate
- Each player straddles cone facing home plate
- Coach rolls ground ball, player fields it
- Proper grip, step towards target (on 1st base line)
- Throw and follow-through

1

COACH: Make sure each player uses proper footwork and turns to make the throw towards the target



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- Knee Throws — 1-knee throwing to coach
- Player kneels on throwing side knee with non-throwing shoulder pointed to coach, non-throwing leg extended toward coach with foot on the ground (coach should demonstrate and work on positioning players)
- Players point non-throwing hand toward coach, rotate and throw to coach
- Coach uses typewriter method to toss and catch with each player

2

COACH: Emphasize pointing toward target with non-throwing hand



Throwing Station

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

3

COACH: Goal is to toss the ball into the hitter's bat path



Hitting Station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stands behind a field cone, lines up belt buckle with cone

- Players get into fielding position - use field cones & rubber feet to establish athletic position
- No gloves needed (but can be used if player is excited about using one)
- "Step-catch-clap" softball-sized Quickball — line drive
- Progress to baseball-sized Quickball

4

COACH: Remind players to use "fingers to the sky" hand positioning



Fielding Station

QUICKBALL

Game Time! Cycle Format/Triples

BATTING TEAM - Hit for triples only

- Coach that pitches takes a knee and throws front soft-toss to each batter. Each batter swings for a triple
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 3rd base

- Use numbered field spots to assign positions.
- Fielders play a different position each inning.
- Defense scoring bucket stationed by third base in foul ground

SCORING: 1 pt. for safe hit, 2 pts. per HR, 1 pt. per out